

Packing List – Full Semester (Canada, France, Burkina Faso)

****You are limited to 1 travel backpack (no more than 50lbs), 1 medium duffel bag (no suitcases or hockey bags) & 1 small carry-on per person (we will be firm on this!)***

Footwear

- Socks: 100% cotton is good, but wool socks and/or quick drying hiking socks are also good options
- 1 pair of casual dress shoes (men)
- 1 pair of light weight hiking shoes (inexpensive but comfortable will suffice)
- 1 pair of flip-flops or sandals (strap-up sandals are more practical)

Clothing

- 1-2 pair of Jeans
- 1-2 pairs of washable casual cotton pants
- 2-3 loose fitting mid-calf to ankle length skirts for Africa (women)
- 1-2 Long sleeved cotton shirt
- 1-2 Sweaters or Fleece
- 1 Light Jacket for layering
- Toque
- Adequate # of underwear (for 2 weeks)
- Rain gear (water proof jacket – required; pants – optional)
- Pajamas
- T-shirts
- 2 pairs of shorts (knee-length)
- Sun hat
- Sportswear
- 1 swimsuit: Women, no bikinis, only tankinis or one piece suits; guys, no Speedos
- ***At least two dressy outfits*** (collared shirt & cotton pants (guys), long skirt (girls))
- Work clothes and work gloves for service days (in Burkina, women will need 1-2 ankle length skirts for a few work projects)

Personal

- Sleeping bag (compact) and pillow
- Self inflating mattress
- Toothbrush, toothpaste and dental floss
- Skin lotion
- Lip balm (with sun block)
- Soap and shampoo
- Deodorant
- Towel: “camp towels” which dry quickly and pack well are ideal but not required
- Prescription medication: If necessary (please advise the office of this before the beginning of the semester)
- Sun block (SPF 30 or higher)
- Insect repellent
- Sunglasses
- Eyeglasses or contact lenses
- Watch: Water-resistant
- Water bottle (at least 1 litre)

- Camera
- Flashlight (head lamp is recommended)
- Alarm clock
- Anti-foot odour powder (if you need it)

Notes:

- It will be very difficult to find the same brands of personal items such as toiletries in Burkina Faso that you would find in Canada. If it is important to you to have a specific brand, stock up before you leave.
- We will provide mosquito netting for use in Africa, please inform us if you plan to bring your own.

Other things to bring

- Pens, pencils
- Notebooks
- Bible
- Small first aid kit (band aids, Gravol, aspirin, cold medicine, Pepto Bismol, vitamins, cortisone cream, and Imodium)
- Money belt
- ATM card
- Credit cards (optional)
- Passport & 2 photocopies
- Small gift(s) for your hosts along the way (chocolates, calendars of your home community, pictures of yourself and your family, crayons/coloring books for children, puzzles, basic games, anything with a Canadian flag on it, etc.)

Packing

- Day pack (your “carry-on” piece)
- Backpack: at least 65 litres in size
- Medium Duffle bag (your 2nd bag – optional)
- Small waterproof “dry bag”: Good for camera, binoculars, etc. (optional)
- Backpack rain cover (optional)
- Backpack travel sack - to use when transporting your pack (optional)
- 2-3 stuff sacks - to organize your clothing and gear in your pack (optional)